

In the Abstract:

Please amend the abstract as follows:

A gliding board, including: an injected polyurethane foam core; lateral reinforcing elements (13, 14), which form some or all of the edges of the board; at least one internal reinforcement (1), which is in the form of a solid layer; and two outer layers, of which the lower layer forms the gliding surface (11) and the upper layer forms the protective layer (23); wherein the internal reinforcement (1) rests on recesses (16) which are provided for this purpose in each of the lateral reinforcing elements (13, 14); said The internal reinforcement having as notches (2, 3) on its side profiles so that, level with said the notches, the injected core passes through it in order to at least partially occupy the volume (21) defined between the internal reinforcement (1) and at least one of the two outer layers (23).